

Contact

Tel: 0118 959 7333

Web: www.berkshirewomensaid.org.uk

Visit: Crossing Bridges

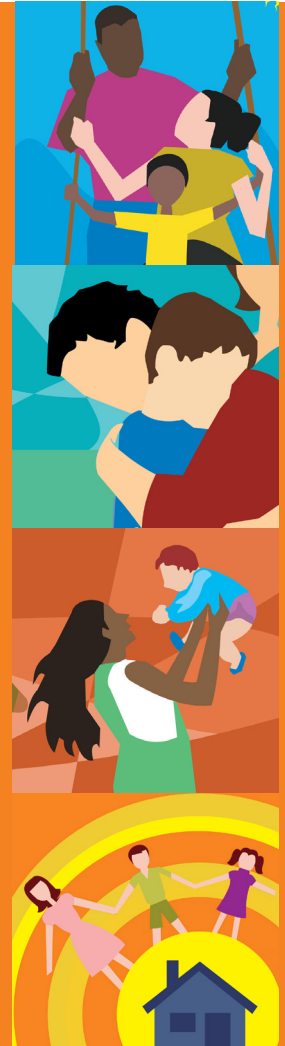
BWA drop in advice centre
4th Floor Xafinity House
42-62 Greyfriars Road,
Reading, RG1 1NN

If you are able to, please phone and make an appointment so that we can ensure that someone is free to see you and appropriate help is available when you arrive.

Crossing Bridges is run by BWA
funded by Reading Borough Council

Crossing Bridges

Domestic Abuse
There's no excuse



Positive help at Crossing Bridges



Crossing Bridges is here to help you be safe and to find the information you need. We can help you whether this is all new to you or whether it has been happening to you for years, regardless of gender, age, sexuality, race, culture or religious beliefs.

Crossing Bridges

We know it isn't easy to talk about domestic abuse. We can help to look at your options. Crossing Bridges is a safe and friendly place where you can get professional help on a range of issues, from legal advice and police support to health and benefits advice.

If you are able to, please phone and make an appointment so that we can ensure that someone is free to see you and appropriate help is available when you arrive.

If you are in an abusive relationship there are three important steps you can take.

1. **Recognise that it is happening to you.**
2. **Accept that you are not to blame – domestic abuse can happen to anyone.**
3. **Get help and support from Crossing Bridges.**

